

# AQUATICS CLASSES TIMETABLE

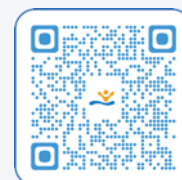
Effective:  
10<sup>th</sup> June 2024

	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>MORNING SESSIONS</b>		<b>AQUA BLAST</b> 7:00am - 7:45am	<b>DEEP WATER AQUA</b> 7:00am - 7:45am		<b>DEEP WATER AQUA</b> 7:00am - 7:45am	<b>AQUA FOR ALL</b> 7:00am - 7:45am	
						<b>AQUA FOR ALL</b> 8:00am - 8:45am	
	<b>SWIMFIT</b> 9:45am - 10:45am	<b>DEEP WATER AQUA</b> 9:00am - 9:45am	<b>AQUA ZUMBA SHALLOW</b> 9:00am - 9:45am	<b>AQUA FOR ALL</b> 9:00am - 9:45am	<b>DEEP WATER AQUA</b> 9:00am - 9:45am		
	<b>AQUA BLAST</b> 10:00am - 10:45am				<b>SWIMFIT</b> 9:45am - 10:45am		
<b>AFTERNOON SESSIONS</b>	<b>AQUA BLAST</b> 12:00pm - 12:45pm		<b>AQUA BOOTCAMP</b> 12:00pm - 12:45pm	<b>AQUA FOR ALL</b> 12:00pm - 12:45pm	<b>AQUA BLAST</b> 12:00pm - 12:45pm		
	<b>AQUA STRETCH &amp; STRENGTH</b> 1:00pm - 1:45pm		<b>AQUA STRETCH &amp; STRENGTH</b> 1:00pm - 1:45pm		<b>AQUA STRETCH &amp; STRENGTH</b> 1:00pm - 1:45pm		
	<b>SWIMFIT</b> 6:15pm - 7:00pm	<b>SWIMFIT</b> 6:15pm - 7:00pm		<b>SWIMFIT</b> 6:15pm - 7:00pm			
	<b>AQUA BOXING</b> 6:30pm - 7:15pm	<b>AQUA FOR ALL</b> 6:30pm - 7:15pm	<b>AQUA BOOTCAMP</b> 6:30pm - 7:15pm	<b>AQUA ZUMBA SHALLOW</b> 6:30pm - 7:15pm			

Book now through Active World!  
Available to book five (5) days in advance

OUR TIMETABLES  
ARE ALSO ONLINE!

**SCAN ME**  

## AQUA BLAST

Aqua Blast incorporates a range of cardio-based exercise in the water from Tabata, interval training, EMOM (every minute on the minute) and HIIT, to create stamina, strength and muscle tone development along with increased heart rate - all whilst having fun!

## AQUA BOOTCAMP

Aqua bootcamp utilises the resistance of the water along with regular buoyancy equipment to provide a higher intensity, calorie burning, fun-filled low impact workout. Promises to get your heart pumping!

## AQUA BOXING

An energetic blend of boxing and traditional aqua choreography. This water aerobics cardio routine is loaded with fun boxing patterns to tone the arms. All ages and abilities.

## AQUA FOR ALL

AQUA FOR ALL is designed to be an aerobic workout utilising the benefits of low impact exercise in the pool for all abilities. Tone muscle, improve cardiovascular endurance and flexibility whilst enjoying being motivated through upbeat music. AQUA FOR ALL is easy to follow and a great way to exercise together in a group fitness environment.

## AQUA SHALLOW

Enjoy a variety of class styles that are multi-levelled to suit beginner through to advanced participants. These classes are fantastic for improving aerobic fitness, muscle endurance as well as core strength, balance and flexibility all in a safe and low impact environment.

## AQUA STRETCH AND STRENGTH

Utilising the additional resistance benefits created by the water allows for a focus on both building strength whilst also improving range of movement and flexibility. Aqua Strength and Stretch will provide a release of tension for the entire body through a range of water-based exercises.

## AQUA ZUMBA

Known as the Zumba® 'pool party', the Aqua Zumba program gives a new meaning to the idea of an invigorating workout! Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

## DEEP WATER AQUA

Perfect for people wanting a total non-weight bearing workout. Deep water aqua is unique and well renowned for its many benefits, including core strength, aerobic and muscular endurance, flexibility and muscle balance whilst at the same time promoting and invigorating a sense of well-being and relaxation.

## SWIMFIT

SwimFit sessions are 55 minutes. Designed to improve fitness, technique and performance. SwimFit caters for swimmers of varied abilities, from beginner to masters, and the programs provided are selective and individualised to suit the goals of its participants. Our experienced Belgravia coaches will assist you in reaching your goals through technique and skill correction.